

1 WHAT IS CLAIMED:

5 1. A high satiety index baked bread product, comprising:

- (1) a wheat flour product;
- (2) a grain/seed source of soluble fiber; and
- (3) a processed source of soluble fiber;

10 wherein the bread product has a total soluble fiber content of at least about 0.8% of the weight of the baked bread product on a 42% moisture basis and a total beta-glucan content of at least about 0.2% of the weight of the baked bread product on a 42% moisture basis, and wherein the amounts of the grain/seed source of soluble fiber and the processed source of soluble fiber are selected to provide a high satiety index.

15 2. The high satiety index baked bread product of claim 1, wherein the wheat flour product comprises at least about 50 % whole wheat flour based on the total weight of the wheat flour product.

20 3. The high satiety index baked bread product of claim 1, wherein the wheat flour product comprises 100% whole wheat flour based on the total weight of the wheat flour product.

25 4. The high satiety index baked bread product of claim 1, wherein the wheat flour product is included in the baked bread product in an amount ranging from about 30 wt.% to about 50% of the weight of the baked bread product.

30 5. The high satiety index baked bread product of claim 1, wherein the wheat flour product is included in the baked bread product in an amount ranging from about 40 wt.% to about 45% of the weight of the baked bread product.

1 6. The high satiety index baked bread product of claim 1, wherein the grain/seed source of soluble fiber is selected from the group consisting of wheat, rye, oats, barley, triticale, corn, soy, rice, flaxseeds, sunflower seeds, millet, buckwheat, amaranth, spelt, almonds, hazelnuts, walnuts, pecans and mixtures thereof.

5 7. The high satiety index baked bread product of claim 1, wherein the grain/seed source of soluble fiber comprises at least one source high in beta-glucan selected from the group consisting of oat, oat bran, rye, barley, barley bran and flaxseed.

10 8. The high satiety index baked bread product of claim 1, wherein the grain/seed source of soluble fiber comprises waxy-hulless barley.

15 9. The high satiety index baked bread product of claim 1, wherein the processed source of soluble fiber is selected from the group consisting of refined gums, extracts high in pectin, herb extracts, beta-glucan extracts from grains and mixtures thereof.

20 10. The high satiety index baked bread product of claim 1, wherein the processed source of soluble fiber comprises apple pectin or apple pectin concentrate.

25 11. The high satiety index baked bread product of claim 1, wherein the processed source of soluble fiber comprises guar gum.

12. The high satiety index baked bread product of claim 1, wherein the processed source of soluble fiber comprises psyllium.

30 13. The high satiety index baked bread product of claim 1, further comprising at least one soy component selected from the group consisting of soy protein concentrate and soy protein isolate extruded into crisp pieces, clusters or nuggets.

14. The high satiety index baked bread product of claim 1 having a total soluble fiber content of at least about 1.0% of the weight of the baked bread product on a 42% moisture basis.

15. The high satiety index baked bread product of claim 1 having a total beta-glucan content of at least about 0.4% of the weight of the baked bread product on a 42% moisture basis.

16. The high satiety index baked bread product of claim 1 comprising a total dietary fiber content of at least about 6% of the weight of the baked bread product on a 42% moisture basis.

17. The high satiety index baked bread product of claim 1 comprising a total dietary fiber content of at least about 7% of the weight of the baked bread product on a 42% moisture basis.

18. The high satiety index baked bread product of claim 1, wherein the baked bread product is in the form of bread or a roll and has a density ranging from about 3.5 to about 4.5 cc/gram.

19. The high satiety index baked bread product of claim 18 having a density ranging from about 3.5 to about 4.0 cc/gram.

20. The high satiety index baked bread product of claim 1, wherein the baked bread product is in the form of a bagel and has a density ranging from about 2.5 to about 3.5 cc/gram.

21. The high satiety index baked bread product of claim 20 having a density ranging from about 2.75 to about 3.25 cc/gram.

22. The high satiety index baked bread product of claim 1, wherein the amounts of the grain/seed source of soluble fiber and the processed source of soluble fiber are also selected to provide a low glycemic index.

1 23. The high satiety index baked bread product of claim 22 having a glycemic index
value of 55 or less.

5 24. The high satiety index baked bread product of claim 22 having a glycemic index
value of 50 or less.

10 25. The high satiety index baked bread product of claim 1, wherein the baked bread
product contains an amount of grain, nuts, and/or seeds of sufficient size so that at least about
40% of the total weight of the grain, nuts and/or seeds in the bread product is retained by a sieve
having a 12 US mesh sieve size.

15 26. The high satiety index baked bread product of claim 1, wherein the baked bread
product contains an amount of grain, nuts, and/or seeds of sufficient size so that at least about
75% of the total weight of the grain, nuts and/or seeds in the composition is retained by a sieve
having a 20 US mesh sieve size.

20 27. The high satiety index baked bread product of claim 1, wherein the baked bread
product contains an amount of grain, nuts, and/or seeds of sufficient size so that at least about
95% of the total weight of the grain, nuts and/or seeds in the composition is retained by a sieve
having a 20 US mesh sieve size.

25 28. The high satiety index baked bread product of claim 1, wherein:
 the wheat flour product comprises at least about 50% whole wheat flour based on the total
 weight of the wheat flour product;
 the grain/seed source of soluble fiber is selected from the group consisting of oat, oat
30 bran, rye, barley, barley bran and flaxseed;
 the processed source of soluble fiber is selected from the group consisting of psyllium,
 beta-glucan extracts, apple pectin, and apple pectin concentrate; and
 the bread product has a total beta-glucan content of at least about 0.4% of the weight of

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the baked bread product on a 42% moisture basis.

1 29. A composition suitable for making a high satiety index bread product comprising:
5 (1) a wheat flour product;
5 (2) a grain/seed source of soluble fiber; and
5 (3) a processed source of soluble fiber;

wherein the composition contains an amount of grain, nuts, and/or seeds of sufficient size so that
at least about 20% of the total weight of the grain, nuts and/or seeds in the composition is
retained by a sieve having a 12 US mesh sieve size, and the amounts of the grain/seed source of
10 soluble fiber and the processed source of soluble fiber are selected to provide a high satiety
index.

15 30. The composition of claim 29, wherein the wheat flour product comprises at least
about 50% whole wheat flour based on the total weight of the wheat flour product.

20 31. The composition of claim 29, wherein the wheat flour product comprises 100%
whole wheat flour based on the total weight of the wheat flour product.

25 33. The composition of claim 29, wherein the grain/seed source of soluble fiber is
selected from the group consisting of wheat, rye, oats, barley, triticale, corn, soy, rice, flaxseeds,
sunflower seeds, millet, buckwheat, amaranth, spelt, almonds, hazelnuts, walnuts, pecans and
mixtures thereof.

30 34. The composition of claim 29, wherein the grain/seed source of soluble fiber
comprises waxy-hulless barley.

35 35. The composition of claim 29, wherein the grain/seed source of soluble fiber
comprises at least one source high in beta-glucan selected from the group consisting of oat, oat
bran, rye, barley, barley bran and flaxseed.

1 36. The composition of claim 29, wherein the grain/seed source of soluble fiber is
present in the composition in a total amount ranging from about 4 to about 12% of the weight of
the composition.

5 37. The composition of claim 29, wherein the grain/seed source of soluble fiber is
present in the composition in a total amount ranging from about 8 to about 10% of the weight of
the composition.

10 38. The composition of claim 29, wherein the processed source of soluble fiber is
selected from the group consisting of refined gums, extracts high in pectin, herb extracts, beta-
glucan extracts from grains and mixtures thereof.

15 39. The composition of claim 29, wherein the processed source of soluble fiber
comprises apple pectin or apple pectin concentrate.

20 40. The composition of claim 29, wherein the processed source of soluble fiber
comprises guar gum.

25 41. The composition of claim 29, wherein the composition contains an amount of
grain, nuts, and/or seeds of sufficient size so that at least about 40% of the total weight of the
grain, nuts and/or seeds in the composition is retained by a sieve having a 12 US mesh sieve size.

30 42. The composition of claim 29, wherein the composition contains an amount of
grain, nuts, and/or seeds of sufficient size so that at least about 75% of the total weight of the
grain, nuts and/or seeds in the composition is retained by a sieve having a 20 US mesh sieve size.

35 43. The composition of claim 29, wherein the composition contains an amount of
grain, nuts, and/or seeds of sufficient size so that at least about 95% of the total weight of the
grain, nuts and/or seeds in the composition is retained by a sieve having a 20 US mesh sieve size.

1 44. The composition of claim 29, further comprising at least one additional ingredient selected from the group consisting of yeast, vital wheat gluten, sweetener, oil, lecithin, and salt.

5 45. The composition of claim 29, further comprising yeast.

10 46. The composition of claim 29 having a total soluble fiber content of at least about 0.7% of the weight of the composition.

15 47. The composition of claim 29 having a total soluble fiber content of at least about 0.9% of the weight of the composition.

20 48. The composition of claim 29 having a total beta-glucan content of at least about 0.2% of the weight of the composition.

25 49. The composition of claim 29 having a total beta-glucan content of at least about 0.4% of the weight of the composition.

30 50. The composition of claim 29, wherein the amounts of the grain/seed source of soluble fiber and the processed source of soluble fiber are selected to provide a low glycemic index.

35 51. The composition of claim 50, the low glycemic index value being about 55 or less.

40 52. The composition of claim 51, the low glycemic index value being about 50 or less.

1 53. A baked bread product having a high satiety index and a low glycemic index,
comprising:

- (1) a wheat flour product;
- (2) a grain/seed source of soluble fiber; and
- (3) a processed source of soluble fiber;

5 wherein the bread product has a total soluble fiber content of at least about 0.8% of the
weight of the baked bread product on a 42% moisture basis and a total beta-glucan content of at
least about 0.2% of the weight of the baked bread product on a 42% moisture basis, and wherein
the amounts of the grain/seed source of soluble fiber and the processed source of soluble fiber are
10 selected to provide both a high satiety index and a low glycemic index, the low glycemic index
being about 55 or less.

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